

# Progress!

Parents & Friends Inc.

November, 2014

Creatively Serving People with Developmental Disabilities Since 1955

## Former church is converted into home for L.I.F.E. client activities

PFI to begin offering services on Chestnut Street



New windows, new flooring and bright new paint give building new life!

Parents and Friends recently acquired the Christian Science Church building on Chestnut Street in Fort Bragg. After taking ownership of the building, we have replaced windows and trim, removed and donated fixed seating to Gloriana Theatre Company, removed carpeting and replaced it with bright and beautiful linoleum that resembles wood flooring, added fresh paint to the interior and will be updating the rest rooms for ADA accessibility.

On top of that, we are in the process of installing a home exhibition-style learning kitchen and a laundry learning center where clients can sharpen up their independent living skills and learn about nutrition, meal planning and budgeting as well as laundry skills. The space is very nice and gives us the room to pursue special projects as necessary including computer instruction, reading literacy, evening social get togethers, and group meetings to learn about self-advocacy and practicing communication skills.

## Dolores Scott



Dolores "Dodie" Scott of Fort Bragg passed away on Monday, Aug. 11, 2014, at Mendocino Coast District Hospital after a short illness. She left behind husband Wayne, son Rand, daughter-in-law Terri and numerous grandchildren and great grandchildren. Preceding her in death was her son Jeffrey who had Down Syndrome and, with his supportive family, changed many lives.

We knew Dodie best as the heart and soul of Parents and Friends. With Lotte Moise and volunteers, she started the Paul Bunyan School for developmentally disabled children. She was the first director of the Cypress Street Center. She took countless disabled adults on memorable trips across the United States and beyond. She made a difference.

Dodie was also well known for her love of travel and became a travel agent so she could share adventures with many others. She traveled across the Pacific in a homemade schooner, the Sabrina. She was a very active member of Noyo Women for Fisheries.

Donations may be made to Parents and Friends, 350 Cypress, Fort Bragg, CA 95437.

Photo by Dave Gross



## A View from the Moon

by Rick Moon

*Eye of newt, and toe of frog,  
Wool of bat, and tongue of dog.  
Adder's fork, and blind-worm's sting,  
Lizard's leg, and owlet's wing.  
For a charm of powerful trouble,  
Like a hell-broth boil and bubble.*

William Shakespeare

Yes, Autumn is upon us again, and, with Halloween over, can winter be far off. Winter has never been my favorite time of year. I much prefer the freshness of Spring and warmth of Summer, but it seems all real progress happens during the winter months. Perhaps that's because we're not out enjoying ourselves in frivolous, non productive, but fun, activities. In Winter we hunker down and begin to think practicably about the future and our needs and wants and gotta haves.

Wow! We do have a busy winter planned. Our new Community Garden at Cypress St. is underway, as is our new facility on Chestnut St. In the one, we will be grow-

ing organic vegetables and fruit and learning about gardening, the benefits of organic processes and the nutritional content of the foods we eat, as well as participating in the Farmers' Market. In the other, we will be learning how to prepare and cook healthy, nutritional food (some from the garden). We will also be learning about menu planning, balanced diets and grocery shopping for the right foods on a budget.

In Supported Living we're pursuing a more clinical approach to services, including training for staff in providing services to aging clients including dementia care certification, diabetes nutritional planning and support and improving our systems for medication logging and tracking and medical appointment tracking and support.

We have also established relationships with Mendocino Coast Clinics, MCDH, Mendocino Coast Pharmacy; Fort Bragg Unified School District and local employers in an effort to integrate clients out into

the community as well as integrating the community into PFI services. This collaboration is working extremely well and producing outcomes beyond our wildest hopes. We are also pursuing disability technology training to provide modern aids to our clients who need them.

So Winter, again not my favorite, may well be our most productive time of year.

*Double, double toil and trouble;  
Fire burn and cauldron bubble.*

William Shakespeare

But, to add a little levity, Rodney Dangerfield said "On Halloween, the parents sent their kids out looking like me."

Probably Robert Byrne summed up my attitude best, "Winter is nature's way of saying, "Up yours."

Come on Spring!

## Paul Bunyan Parade

by Meadow Fish

Once again, Parents and Friends participated in the Paul Bunyan Day's parade. This year we celebrated the parade's 75th anniversary.

PFI rented the MTA trolley and decorated it with flags, balloons and banners advertising the annual "Beer, Bison and Bluegrass" fund raiser. Twenty-two participants rode in the trolley waving flags, pinwheels and streamers.

Lanita Henderson, manager of Coastal Support Services, and her family brought their truck. The truck was filled with bales of straw, balloons, streamers and a "Happy Birthday Paul Bunyan" banner. Included with several other participants from various PFI programs were Kevin Pearl dressed as Paul Bunyan and Meadow as Babe the Blue Ox. Bluegrass music played from the truck and a big paper maché birthday cake rode on the top. Everyone wore birthday hats to celebrate.



Photo by Maggie Morales

Many friends and staff members helped with the decorations and walked the whole length of the parade route handing out cards advertising the "Beer, Bison and Bluegrass" event. The PFI entry won second place! Many thanks to all who helped us make it a fun day for Parents and Friends and to our 50 participants.

## Bowling in Ukiah

A great day of bowling was held in Ukiah. Bowling on the coast is missed and this was a wonderful opportunity. Attending were Patsy Hill, Mike Barnes, Robert Gastoni, Chris Frietas, John Tone, Jerry Turner, Marvin Willrodt, Richard Robison, Lynnette Laccoarce and Joan Gazzano.



Photos by Joan Gazzano



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## Parents & Friends Inc.

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With Developmental Disabilities Since 1955*

Post Office Box 656

Fort Bragg, CA 95437

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[www.parentsandfriends.org](http://www.parentsandfriends.org)

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### OUR MISSION

The mission of Parents & Friends, Inc. is to provide opportunities for persons with developmental challenges and similar needs to participate fully in our community.



*Charles Unser was awarded the GATT Customer Service award from Safeway.*



*Andy Peterson received an award on October 10th from the First Baptist Church for his volunteering to feed the homeless each Friday.*



# Beer, Bison & Bluegrass — A great success!



## A garden will bloom again on Cypress Street

What's happening at Cypress Street Center?

*by Kristy Tanguay*

At our Cypress Street Center, we have broken ground on our fully fenced Learning Garden, where we will provide learning experience with all aspects of food and flower gardening, vermiculture, nutrition and Community Supported Agriculture (CSA). Under the direction of our new Garden Manager, Gowan Batist, we will practice active seed saving and plant propagation, garden maintenance and harvesting from both our in-ground and raised bed gardens, designed for those who use mobility aids; as well as creating packaging and labeling, cooking from the garden, and some creative, seasonal activities to have as much fun as we can while honing these life-long skills. To support this venture, we plan to operate a Flower Bouquet CSA, where customers can pre-order a weekly Bouquet for a set price, as well as offer some of these items at the soon to be year-round Fort Bragg Farmer's Market, as well as our own on site CSA store. In addition to the garden, our Craft & Science lab will remain onsite at Cypress Street. Stay tuned for the "after" pictures in our spring issue of Progress!





Charles Miller moves to the Cottages at Cypress

# Charles' in charge

by Kristy Tanguay



Photos by Dave Gross

Charles in the doorway of his new cottage-



View of the spacious kitchen-



Charles by communal garden and clubhouse

They say that life is what you make it and Charles Miller isn't done yet! Soon to be a senior citizen, Charles recently moved into his own apartment; he is one of the lucky and deserving recipients of the newly built Cottages at Cypress Street. Charles has lived in a variety of locations and circumstances across the United States, but he will tell you that he is a California man, through and through. When he is not working at McDonalds 2 afternoons each week, Charles can be found knee deep but smiling his way through each of his many activities he

has designed for himself with the support of various service staff from Parents & Friends: volunteering at the Redwood Coast Senior Center on Tuesdays and Thursdays; swimming, riding bikes and lifting weights at CV Starr; volunteering at The Fort Bragg Grange; going to various appointments, getting his laundry & recycling done; banking, meal planning, grocery shopping and preparing dinner with friends and staff; planning a social outing or a trip, keeping his home tidy and being a good neighbor. Charles set a personal goal to be able to walk to and

from work on his own, having to overcome his fear of heights by crossing the Noyo Bridge on foot. With coaching from staff, he knocked that one out of the park in no time. Charles has hit the springboard into his 60s with vigor and excitement. When I asked Charles what his favorite thing about moving out on his own is, he said, "being able to go more places." I can honestly say that we are proud to be a part of his very successful life plan. Keep up the good work, Charles!

## Thank you to these recent donors!

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With Developmental Disabilities for 50 Years*  
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